



COOK

Foodborne Germs Can't Be Seen, Smelled, or Tasted — But They Can Still Make You Sick!

When Dave grills up dinner for the chipmunks, they always remind him to **follow these important safe cooking tips**. Do the same with your parents to **fight foodborne illness** in your family.



- Always use a food thermometer when cooking meat, poultry, eggs, and seafood — you cannot tell if those foods are cooked safely by how they look. Each food should reach the following temperature before it is safe for chipmunks (and you!):
 - Beef, pork, veal, and lamb, steaks, roasts and chops to 145 °F with a 3-minute “rest time” after removal from the heat source.
 - Chicken and turkey — whole, pieces or ground to 165 °F
 - Ground meats, including hamburgers and egg dishes, to 160 °F
 - Reheat leftovers to 165 °F
- Always place the food thermometer in the thickest part of the food, away from bone and fat to check the temperature.
- When cooking in a microwave oven, stir, cover, and rotate food for even cooking. Use a food thermometer to check the temperature of the food in several places.
- Let food stand for a few minutes after cooking it in the microwave. This gives the food time to finish cooking.
- Always cook eggs before eating them. When cooked, eggs should be firm, not runny.



Kids, see what important Food Safety words you can find in the jumbled letters!

BACTERIA	FOOD	SOAP
CHILL	MEAT	TEMPERATURE
CLEAN	POULTRY	THERMOMETER
CONTAMINATION	SAFE	WASH
COOK	SEPARATE	

N P B T Y H C B Q K Q V H E R
 P O U A S E P A R A T E R K E
 X U I A C K B A A F C U O T T
 I L W T H T C Q R C T O G O E
 Q T S P A L E K W A K V X E M
 V R I A E N O R R B O P Y D O
 J Y S A F K I E I N O E V D M
 M Z N N N E P M B A C L M U R
 C O N E J M M K A S A L E S E
 I M P D E U D R W T D R A K H
 K O K T B D N K W J N O T W T
 N M D C O J T S I F Y O O G R
 S O A P N A I Y L I G N C F U
 H S V M A O I X X G D B C E K
 L L I H C J A I L B R H S V V



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